

Do Education and Income Affect the Likelihood of Healthy Eating Among Low-Income African-American Households?

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Abstract

Food insecurity is a topic quickly growing in popularity. Its implications, such as the onset of chronic illnesses and rising healthcare costs, are affecting households of minority and low socioeconomic status. The purpose of this study is to examine the association of education and income factors on the likelihood of healthy eating among African-American households. Data were analyzed from the 2007-2008 National Health and Nutrition Examination Survey, a nationally representative cross-sectional survey on noninstitutionalized households. Respondents were “healthy” eaters if they reported having dark green vegetables, fruit, and low-fat/non-fat milk “always available” in their homes. Using Logit analysis in Stata 12.0, ethnicity, education, and income were found to be significant factors affecting the likelihood of healthy eating, where African-American households were less likely to eat healthily and education and income had positive relationships with healthy eating. Understanding the factors that impact healthy eating may be the stimulus to impact food insecurity and address chronic illnesses and rising healthcare costs particularly among minority groups.

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